

## The Range of Normal

Children have varied interests, abilities and experiences pertaining to food and feeding and pertaining to meals and manners. The range of normal is wide. As much as possible, we offer the same foods and meal services to all children, with the understanding that not all children will have the same responses.

### **Some children:**

- Are hungry
- Have a big appetite
- Use many food words
- Come early
- Stay seated
- Are patient
- Enjoy their food
- Are courageous
- Are anxious for mealtime
- Have considerable feeding skills
- Are experienced eaters
- Are competent eaters
- Have good manners
- Are cooperative
- Are self-sufficient
- Have a regular diet
- Are loud
- Like peas
- Drink all of their milk
- Accept duties of mealtime
- Ask what's for lunch
- Are thankful
- Are overall successful with eating
- Eat all of their bread

### **Others:**

- Are never hungry
- Have a small appetite
- Use few food words
- Come late
- Can't sit still
- Are impatient
- Seem not to enjoy it much
- Are reluctant
- Seem not to notice
- Need assistance
- Have less experience
- Are less competent eaters
- Have less than good manners
- Are less than cooperative
- Need help
- Have special dietary needs
- Are quiet
- Don't like peas
- Drink only some of it
- Reject duties
- Never ask
- Aren't aware
- Struggle
- Eat only the middle

Recognizing, accepting and appreciating normal differences among children will help parents and providers to enjoy mealtimes.

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